



Kingsport Senior Center News

March 2015

**Volume XXIII Edition 3
1200 East Center Street
Kingsport, Tennessee 37660**

Biltmore House & Legacy of the Land Tour

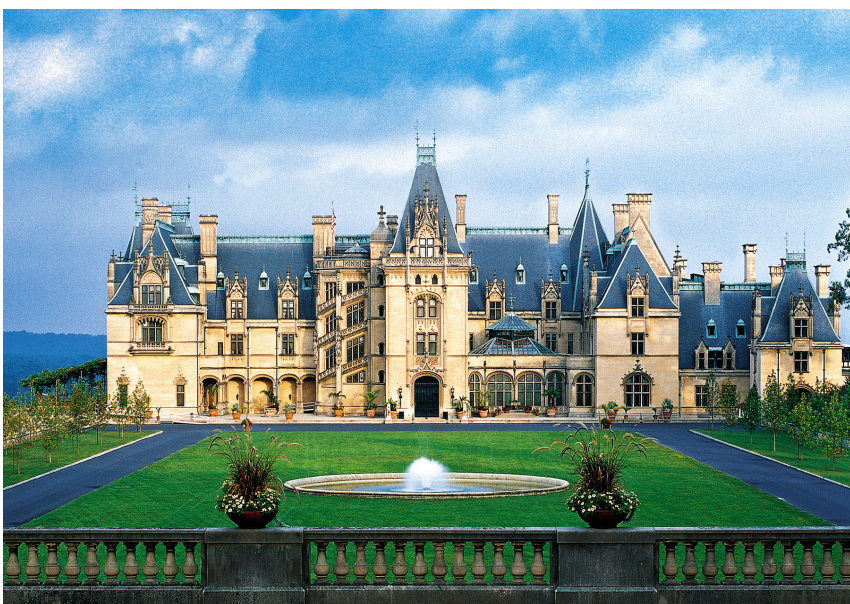
Wednesday, April 15, 2015

Asheville, NC

8:45a.m.-7:30p.m.

**Cost: \$51.00 for transportation/House
Or**

**\$71.00 for transportation/House/Legacy
of the Land Tour**



We will depart from the Senior Center at 8:45a.m. and stop for breakfast/lunch at Cracker Barrel in Asheville. We will then arrive at Biltmore at 12 noon. For those that purchase the Legacy of the Land tour it will start at 1:00p.m. We have a limited number of tickets for the Legacy of the Land Tour (21 tickets). Biltmore will also be featuring "Dressing Downton" which features over 45 costumes from the popular PBS series "Downton Abbey". We will leave Biltmore around 4:30p.m. and stop at PF Changs for dinner on the way home. We will return to the center around 7:30p.m. Lunch and dinners will be on your own and are not included in the prices listed above.

What is the Legacy of the Land Tour?

You will take a motor coach tour of the estate and learn about the history of the land, structures, and former residents. You'll visit places that are not usually open to guests.

Flower Bloom Schedule:

During our visit the Darwin Hybrid Tulips will be in full bloom along with spring bulbs, dogwoods, and redbuds.

Sign up will begin March 3.

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center
is located at
1200 E. Center Street in the
Renaissance Center Building.
For more information call the
Center at (423) 392-8400**

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

**Hours: 9am to 2pm - Monday-Wednesday
Closed: Thursday and Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close
15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
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392-8403

Lori Calhoun ~ Secretary
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WELLNESS

WELLNESS SEMINARS

The Sweet Spot: Ashley Bates with Cave’s Drug Store will be at the Center on **Tuesday, March 10, 2015** at 12:30 pm in the Card Room. Topic of discussion will be “25 Ways to Control Type 2 Diabetes”: Whether you’ve been recently diagnosed with diabetes for decades, there are many tips you can use to control your blood sugar. In this month’s class, we will identify 25 key ways to help you control your diabetes. From carbohydrate counting to monitoring morning blood sugars, we know you’ll learn something new! In this exciting and informational class, you will learn key ways to prevent highs and lows as well as key symptoms to look for with dangerous blood sugar values.

Constipation: Dr. Jason Pizzola with ETSU Family Medicine will be at the Center on **Tuesday, March 24, 2015** at 12:30 pm in the Card Room. Topic of discussion will be “Constipation”: This seminar will cover complications of constipation and what treatments are needed. This is an event you will not want to miss, so mark your calendar and plan to attend!

Preventative Screening: Dr. Ayesha Kamal. with ETSU Family Medicine will be at the Center on **Tuesday, March 31, 2015** at 12:30 pm in the Card Room. Topic of discussion will be “Preventative Screening”: This seminar will cover various preventative care screenings and the ages at which they must be done and what ages you can discontinue doing them. This is an event you will not want to miss, so mark your calendar and plan to attend!

Lunch and Learn

Ginny Jenkins, CE with Smoky Mountain Home Health & Hospice will be at the Center on **Thursday, March 12, 2015** at 11:30 am in the Card Room. Topic of discussion will be “Heart Healthy” This lunch and learn will discuss the top 25 heart healthy foods and herbs needed for your daily diet. Stop by the office or call 423-392-8400 to sign up, there is a limit of 20 seats available.

Mini Health Fair

The Senior Center will host a Mini Health Fair in the hallway Billiards Room side on **Tuesday, March 17, 2015** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Door prizes will be given at 11:15 am and you **must be present** at the time names are drawn to win. Participants for this event will be: Amedisys Hospice, Emeritus at Remington House - A Brookdale Community, Gastroenterology Associates, Holston Medical Group, Home Instead Senior Care, Visiting Angels, and Walgreens. So mark your calendar for this very important date to be part of the fun.

STEPPING ON

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader-someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include: *Simple and fun balance and strength training *The role vision plays in keeping your balance *How medications can contribute to falls *Ways to keep from falling when out in your community *What to look for in safe footwear *How to eliminate falls hazards from your home.

Is this workshop for you? Stepping On is designed specifically for anyone who: *Is 65 or *Has had a fall in the past year *Is fearful of falling *Lives at home *Does not have dementia.

Did you know? *More than one-third of people age 65 or older fall each year *Falls are the leading cause of injury and hospitalization for trauma and death among older adults *35% of people who fall become less active *40% of people who enter a nursing home had a fall in the prior 30 days. This workshop will be every **Wednesday, 9:00 am to 11:00 pm, March 18, 2015 to May 6, 2015** in the Card Room. Sign up in the Office or call 423-392-8400, there is a limit of 16 seats available. The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery services / Trauma.

Untreated Hearing Loss

Dr. Carol R. Runyan, AuD, Audiology Field Staff TN/VA will be at the Senior Center on **Thursday, March 19, 2015** in the Multi-Purpose room from 10:00 am to 2:00 pm. Dr. Runyan will be doing free hearing test for any member interested in getting their hearing tested stop by the office or call 423-392-8400 to sign up for an appointment.

TOURNAMENTS

Shuffleboard Tournament: We invite all shuffleboard players to show off your skills on **Wednesday, March 25, 2015** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign up in the Office.

Corn Hole Toss Tournament: Come join us for a corn hole toss tournament on **Friday, April 17, 2015** at 12:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign up start on March 25, 2015.

Daily Activities and Classes at the Center

Monday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Open Woodshop ~ 8:30-3:00
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Quilting ~ 9:00 ~ Room 303
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym
Beginning Line Dancing ~ 11:30 ~ Gym
Intermediate Line Dancing ~ 12:45 ~ Gym
Knitting ~ 1:00 ~ Room 303
Mahjong ~ 1:30 ~ Card Room
Table Tennis ~ 2:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Lap Swimming ~ 9:00~Aquatics Center
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15 a.m.
Open Woodshop– 8:30-3:00
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 8:30-3:00
High Impact Aerobics ~ 9:15 ~ Gym
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym

Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Belly Dancing ~ 1:00 ~ Room 302
Table Tennis ~ 1:00 ~ Gym

Thursday

Lap Swimming ~ 9:00~Aquatics Center
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Intermediate Dulcimer ~ 11:00 ~ Atrium
Beginning Belly Dance ~ 11:30 ~ Room 302
Volleyball Lessons ~ 11:30 ~ Gym
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Piano lessons ~2:00 ~ Multipurpose room (appointment only)
Pickleball ~ 4:00 ~ Gym

Friday

Lap Swimming ~ 9:00~Aquatics Center
Silversneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
High Impact Aerobics ~ 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym
Exercise Room ~ 9:00-12Noon

Game Day

Monday, March 16, 2015
12:30 - 2:00pm
Volunteer Instructor: Billy Munsey
Sign up now!

TRAVEL AND SPECIAL EVENTS

Woodburning “Wren”- Wednesday, March 4, 2015– Room 303– 9:00a.m.-12noon– Instructor: Sharon Chase– Bring your woodburner with tips– Class fee includes project material and instructions– See example in display case– Cost: \$20.00 paid to instructor day of class– **Sign up begins March 2.**

Craft Day– Wednesday, March 11, 2015– Room 303– 10:00a.m.-12 noon– Bring a hat, ribbon and supplies to make an Easter bonnet then enter your bonnet in the Easter bonnet contest on April 1 from 11:00a.m.-1:00p.m. at Allandale Mansion– **Sign up begins on March 2.**

Card Making with Girl Scouts– Thursday, March 12, 2015-Cafeteria– 5:00p.m.-6:00p.m.– Making 140 cards for meal on wheels for St. Patty’s Day and Easter– FREE– **Sign up now!**

St. Patty’s Day Party– Tuesday, March 17, 2015-Cafeteria– 12:30p.m.-1:30p.m.– Free– Entertainment by John Pafford Band– **Sign up begins March 2.**

Cake Decorating 101– Wednesday, March 18, 2015– Lounge– 9:45a.m.-12 noon– Participants need to bring a small cake or cupcake along with carrier– Also need to purchase and bring a star tip/rose tip (101-104) and a leaf (352)- She will also show you how to make butter cream and show you how to ice and decorate your cake– Cost: \$2.00 paid to instructor**Sign up begins March 2.**

Easter Lunch– Tuesday, March 31, 2015-Gym– 11:30a.m.-1:00p.m.– Cost: Bring a covered dish to feed 10-12 people– **Sign up begins March 3.**

Intergenerational Easter Egg Hunt-Thursday, April 2, 2015– Front Lawn– 10:30a.m.-11:30a.m.– Sponsored by New Vision Youth– This Easter egg hunt is a little different than your normal Easter egg hunt– For example if you find an old pair of socks then you will get them replaced by a new pair of socks, etc– **Sign up begins March 4.**

Beginning Drawing

Friday, March 27, 2015
1:00p.m.-4:00p.m.
Room 303
Cost: \$20.00 paid to instructor

Instructor: Anne Thwaites

Learn basics on how to draw

Sign up begins March 2

Bob Ross Style Painting

Wednesday, March 18, 2015
10:00a.m.-2:00p.m.
Room 303
Cost: \$50.00 paid to instructor
Jay Holdway
**See example in display case.
Bring your lunch.**

Sign up now

Cooking with Tracy

Monday, March 9, 2015
Lounge
10:45a.m.-12:30p.m.
Cost: \$2.00

Sign up begins March 2.

TRAVEL AND SPECIAL EVENTS

OTLB: Applewood FarmHouse

Friday, March 13, 2015
Pigeon Forge, TN
9:30a.m.-3:30p.m.
Cost: \$20.00 all-inclusive

Lunch Menu Includes:

Choice of 1 entrée:

-Country Chicken Salad, Southern Fried Chicken, Sugar Cured Ham, Homemade Meatloaf, Apple Julep Grilled Chicken, Pork Loin, Chicken & Dumplings.

Meal includes: Vegetable soup, mashed potatoes, green beans, buttermilk biscuit, and apple cobbler.

Choice of: Coffee, tea, soft drink or water.



Sign up begins March 2.



OTLB: Southern Comforts and Time for Shopping

Friday, April 10, 2015
Blowing Rock, NC
9:00a.m.-4:30p.m.
Cost: \$8.00 for transportation
Lunch on your own

The menu is good Southern cooking, plus breakfast all day. You will be comforted by familiar sights such as roast beef & gravy, chicken & dumplings, burgers, seafood selections, along with salads, soups, and quesadillas.

40 person max.

Sign up begins March 10th

Your Page

From the Dancing Corner

The March dance, sponsored by Friends of the Kingsport Senior Center, will feature crowd favorite LIMITED EDITION band on Friday evening, March 13, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Limited Edition has performed for audiences of all ages for over 30 years. Bruce Rush sings and plays the keyboard while Bink Rush plays guitar and occasional banjo.

Friends of the Kingsport Senior Center presents

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Renaissance Center
1200 E. Center Street
Kingsport, TN

Admission: \$5 per person

Friday, March 13, 2015 6:30-10 PM



LIMITED EDITION

Contact:
423 288-2668

Using the latest digital audio and synthesizer technology, the band plays a large variety of styles to suit very diverse musical tastes and dance genres. "Something for Everyone". Although the music is especially selected for dancing, Limited Edition recognizes that a dance is primarily a social event. With that in mind, the PA system and amps are set to create a full sound for dancing, while, at the same time, adjusted to a comfortable volume to allow people to hear and carry on a conversation throughout the venue.

Limited Edition believes the most important part of any dance or social event is THE AUDIENCE.
It is YOUR PARTY !!

Join your friends at the Renaissance Center in Kingsport on March 13th.

Massage Therapy

Mondays and Tuesdays
9:00a.m.-3:00p.m. with Barbara Keesecker
call 423 - 735-7475
30 minute massage
Cost: \$20.00
Call to schedule appointment

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)	
Brenda Cunningham	Jean Chang
Norma Livesay	Carmon MoixLes-
ter Pridemore	Frances Cottrell
Carol Woodard	Mary Porter
Pat Breeding	



Beginning Spanish– Tuesday, March 17 thru Tuesday, April 21, 2015– 6 week class will meet once a week on Tuesday’s at 3:30p.m. in room 303. Cost is \$5.00 per class– Sign up now!

Fill your home with flowers– Thursday, March 19, 2015– 10:30a.m.-11:30a.m.– Card Room– Instructor: Susan Valentine (retired florist)- "Enjoy arranging flowers in your own home! Bring a small bud vase, scissors to cut stems and \$7.00 to pay for the flowers that day. Flowers for every room of your home. Flowers really do make people happy!". Max 9 participants. Sign up in the office now!

NEWS TO USE

The Kingsport Senior Center
Inclement Weather Policy

The Kingsport Senior Center classes run on the Kingsport City School schedule. This means if Kingsport City Schools are **closed**, then all regular scheduled classes at the Senior Center will be **cancelled**. The building, however, will still be open which would include the billiards room, exercise room, gymnasium, computer lab and ceramic room. If Kingsport City Schools are on a **delay**, the Senior Center will run on **regular schedule**.

AARP Tax Assistance– February 5, 2015- April 9, 2015– 8:00a.m.-3:00p.m.– Call 392-8400 to make appointment-**Sign up now!**

Painting a Spring Rabbit Welcome Sign - Wednesday, March 25, 2015– Room 303– 9:00a.m.-Noon– Cost: \$25.00 paid to instructor. Class fee includes materials but participants must bring paintbrushes and painting supplies. **Sign up begins March 2.**

Reverse Mortgages Seminar “Info to Know”- Thursday, April 9, 2015– Card Room– 12:30p.m.-1:30p.m.– Free– **Sign up began February 20.**

The Senior Center is looking for a Consumer Representative to be on the First Tennessee Area Agency on Aging and Disability Advisory Council. You will meet bi-monthly at the AAAD building in Johnson City. If interested please contact Shirley Buchanan at 423-392-8403.

Recipe of the Month

Banana Pudding Poke Cake

Ingredients:

- 1 (18oz) box of yellow cake mix
- Ingredients to make cake (eggs, oil, water)
- 2 (3 1/2oz) packages of instant banana pudding mix
 - 4 cups milk
- 1 (8oz) container frozen whipped topping, thawed
 - 20 vanilla wafers, crushed

Directions:

1. Prepare cake mix according to package directions for a 9x13 cake. Once cake comes out of the oven, allow it to cool for just a couple of minutes.
2. Then, with a wooden spoon handle or some other similarity sized object, being poking holes in the cake. You want holes to be fairly big so that the pudding has plenty of room to get down in there. Be sure to poke right now to the bottom of the cake.
3. In a bowl, prepare pudding. Whisk together instant pudding mix with 4 cups milk. Stir until all the lumps are gone.
4. Let pudding sit for just about 2 minutes so it has just slightly begun to thicken but not fully set, it should still be easily pourable.
5. Pour pudding over cake. Taking care to get into the holes as much as possible. Spread it out using the back of the spoon, gently push pudding down into the holes.
6. Put the cake into the fridge to set and cool. (about 2 hours)
7. Once your cake has completely cooled, spread on whipped topping.
8. Crush vanilla wafers in a ziplock bag.
9. Spread crushed wafers on top of cake.
10. Serve with freshly sliced bananas on top. Keep refrigerated.

Welcome Desk Flowers

White’s Floral is our Welcome Desk flower arrangement sponsor for the month of March. They are located at 2218 E Center Street, Kingsport ,TN. Phone 423-245-5174. They are a full service flower shop, delivering in the Tri-Cities area. Hours are 8:30am - 5:30pm. Come by and see the beautiful floral arrangement beginning March 2nd at the Welcome desk and visit White’s Floral and thank them for donating!



Computer Class Schedule

Microsoft Word– March 3, 10, 17– 1:00p.m.-3:30p.m.– Cost: \$25.00.

Iphone 4/4s – Thursday, March 19 -Card Room– 5:00-6:30p.m.– FREE-Sponsored by Sullivan County Library via a FACT Grant – Bring your iphone. Sign up by March 17th.

ipad Basics– Saturday, March 28, 2015– 9:30a.m.-11:30a.m.-Card room– Bring your ipad– Sign up now!! Please sign up before March 26.

AARP SMART DRIVING CLASSES

Wednesday, April 22 and Thursday, April 23, 2015

Room 230

9:00a.m.-1:00p.m.

Cost: \$15.00 for members and \$20.00 for non members

Sign up begins March 2.

Cooking for one or two– Tuesday, March 25, 2015– Lounge– 3:30p.m.-4:30p.m.– Cost: \$2.00 paid to instructor– Instructor: Jana Moulder– These meal ideas are targeted towards those who are widows or have empty nests. These include meals that take on particular protein and make different dishes that can be made to last a few nights.– **Sign up begins March 3.**

Cooking Class– Intergenerational– Monday, March 30, 2015– V.O. Dobbins Cafeteria– 9:30a.m.-11:30a.m.– Cost: \$5.00 paid to instructor – Instructor: Donna Chmielnik– We will pair you with middle and high school students to learn the basics of how to cook– **Sign up begins March 4.**

Manicures

Tuesday, March 10, 2015

Multipurpose Room

11:30a.m.-2:00p.m.

Cost: \$2.00

Dobyns-Bennett cosmetology students

Sign up now.

Library Book Day

Thursday, March 19, 2015

KARAOKE:

Tuesday, March 17, 2015



SMILE: Volunteers Wanted

Attend SMILE meeting- Thursday, March 12 at 2:00 in Room 239.

Come and find out about all of our wonderful volunteer opportunities! Contact Michelle at 392-8404 for more information.



Ted and Millie are two of our many wonderful volunteers. Ted makes the best popcorn around and Millie is one of our happy faces at the Welcome Center desk.

Winter Session Classes 2015

Classes begin week of January 5, 2015—week of March 23, 2015, unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Basic Tai - chi

- Monday’s
 - Time: 8:30am
 - Location: Room 310
- This is a volunteer led class that will teach participants the basics/ beginnings of tai-chi.
No sign up required, walk-ins welcome!

Ballroom Video Class

- Tuesday
 - Time: 4:30pm - 6:00pm
 - Room 302
- No instructor, practice on own

Basket weaving

- Tuesday
- Time: 9:00am-12:30pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

Please visit website for meeting times.
Instructor: Claude Kelly
Website: www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am - 11:00am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

Clay (Intermediate Hand building)

- Monday Beginning Jan 5 - March 30, 2015
- Sign up starts December 15th
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pay at signup; no refunds

Clay (Intermediate Hand building)

- Wednesday beginning Jan 7 – April 1 ,2015
- Sign up starts December 15th.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pre-requisite must have taken beginning hand building.

Clogging - (Beginning)

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/ lap dulcimer

Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Winter Session Classes 2015

<p>Happy Day Singers</p> <ul style="list-style-type: none">MondayTime: 9:45amInspirational singing at nursing homes <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.</p> <p>Jam Session</p> <ul style="list-style-type: none">ThursdayTime: 12:30 noonLocation: CafeteriaBring your instrument and play with the group, dance or just enjoy the music! <p>Karaoke</p> <ul style="list-style-type: none">3rd Tuesday each monthTime: 4:00pmLocation: CafeteriaBring a snack <p>Knitting Class</p> <ul style="list-style-type: none">MondayTime: 1:00 - 3:00pmLocation: Room 303Instructor: Barbara WhiteAll skill levels <p>Lap Swimming</p> <ul style="list-style-type: none">M-FTime: 9:00am-11:00amLocation: Aquatics CenterNo instructor, lap swimmingLocker room and warm water pool available for use.	<p>Mahjong</p> <ul style="list-style-type: none">MondayTime: 1:30pmLocation: Card RoomInstructor: Jean Chang <p>Beginners to Advanced players Welcome.</p> <p>Mini Cardio Exercise Class</p> <ul style="list-style-type: none">Tuesday & ThursdayTime: 8:45am - 9:15amRoom: 302Instructor: Roger Hixson <p>Piano Lessons</p> <ul style="list-style-type: none">ThursdaysTime: 2:00pm-4:00pmRoom: Multipurpose RoomInstructor: Freda KarsnakFee: \$15.00 paid to instructorCall to schedule appointment 423-292-2711 <p>Quilting</p> <ul style="list-style-type: none">MondayTime: 9:00am - 10:30amLocation: Room 303Instructor: John Plutchak <p>Renaissance Strings</p> <ul style="list-style-type: none">TuesdayTime: 10:00am - 11:00amLocation: AtriumInstructors: Mark Farmer <p>Rook</p> <ul style="list-style-type: none">Tuesday4:00pmCard Room (Bring snack to share)	<p>SilverSneakers Classic</p> <ul style="list-style-type: none">Monday, Wednesday & FridayTime: 8:15am - 9:00amLocation: GymLow Impact AerobicsInstructor: Terri Bowling <p>Strength Training</p> <ul style="list-style-type: none">Monday, Wednesday & FridayTime: 10:15am - 11:00amLocation: GymInstructor: Terri Farthing <p>Strength Training</p> <ul style="list-style-type: none">Tuesday, ThursdayTime 9:30am - 10:30amLocation: GymInstructor: Kevin Lytle <p>Tai-Chi</p> <ul style="list-style-type: none">WednesdayTime: 8:30amLocation: Senior center, Room 310Instructor: Hang Lei <p>Woodcarving</p> <ul style="list-style-type: none">ThursdaysTime: 9:00am - 12:00 noonLocation: Room 303Beginners welcome <p>Woodshop</p> <ul style="list-style-type: none">Monday, Tuesday, WednesdayTime: 8:30am-3:00pmLocation: WoodshopVolunteer InstructorsComplete woodshop. Safety test Required, given 1st Monday of each month at 9 am. <p>Zumba</p> <ul style="list-style-type: none">Tuesday and ThursdayTime: 8:15amLocation: GymInstructor: Terri Bowling
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Winter 2015 BRANCH SITE SCHEDULE

Classes end week of March 23 unless otherwise noted.

Core Conditioning

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (January 13)

- Tuesday
- 6 week class
- 10:00-11:00
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

Intermediate Crochet (January 13)

- Tuesday
- 6 week class
- Instructor: Susan Eagan
- Location: Lynn View Branch site
- 11:30-12:30
- \$20.00
- Bring your own pattern

Intermediate/Advanced Drawing

- Tuesday
- Time: 10:00-12:00
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Wednesday *NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Classic

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Game Day

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

Silver Sneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Silver Sneakers Yoga

Monday and Wednesday
Time: 11:00
Location: Lynn View Branch Site
Instructor: Chris Hicks

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.

423-765-9047.

Visit our website

www.kingsportseniorartisancenter.com

And like us on Facebook

Kingsport Adult Education

Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS



2011 National Electric Code (Residential) through March 23rd

- 8 Weeks
- Fee \$75
- Monday 6:00pm-8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

CULTURAL/ARTS/CRAFTS

Beginning Chinese Class

Wednesdays 11 classes
3:45 P.M.
Instructor: Jean Chang
Fee:\$55 per child or \$75 for child with a parent
Location: Kingsport Renaissance Center
Intermediate Chinese Class
Wednesdays 11 classes
4:45 p.m.
Instructor: Jean Chang
Fee:\$55 per child or \$75 for child with a parent
Location: Kingsport Renaissance Center

HEALTH/EXERCISE

Personal Training with Chris

- Instructor: Chris Hicks
- Available by the hour or as package
- Contact Chris (423-723-9967)

Pound Fit Classes

2 different class series
Monday and Wednesday
March 17—April 22
10:45am—11:15am
Gymnasium
Instructor: Terri Boiling
Class meets every Monday/
Wednesday for 6 weeks

And

Wednesday, March 18—
Wednesday, April 22
Gymnasium
5:30p.m.-6:15p.m.
Cost: \$30.00 per 6 weeks
class

Meet every Wednesday for 6
weeks

Instructor: Darlene Taylor

Pay first day of class at the
Senior Center
Office
Sign up now!!!

Exciting new aerobic
exercise class
using pound drum sticks.
Drum sticks will be available
for purchase.
Please sign up by March
16th



Country Living Fair

Thursday, April 23-Friday, April 24, 2015

Nashville, TN

Cost: \$100.00

The price of ticket includes: Hotel, Bus, Breakfast, Fair ticket



On Thursday, April 23 we will depart the Senior Center at 9:00a.m. and travel to Nashville, TN., stopping for lunch along the way. We will check into the Hampton Inn in Mt. Juliet, freshen up and head for Opry Mills and Opryland Hotel for dinner and time on your own. On Friday, April 24 after breakfast at the hotel, we will leave for the James E. Ward center and The County Living Fair. We will stay at the fair until 3:00p.m. and then head for home. After a stop for dinner along the way the bus should return to the center around 8:00p.m.

What is the County Living Fair?

It is a great big show and sale of antiques, vintage, upcycled crafts, art, furniture, home decor, handcrafted clothing and jewelry and so much more. Meet the editors of Country Living Magazine and their guests, attend seminars and how-to's, see artisan demonstrations, hear music, and gather ideas and inspiration.



Sign up March 2nd.

Ninth Annual...
Savvy SCRABBLE® Social
Game Night Fundraiser
Sponsored by:



**Literacy Council
of Kingsport, Inc.**
A ProLiteracy Affiliate



Friday, March 13, 2015
South View Community Center
401 Rock Springs Road, Kingsport, TN 37663

Check in/Social – 6:00 P.M. Play begins at 6:30 P.M.

**There will be up to three rounds of play followed by a
championship round. Player Prizes will be awarded.**

*While supporting the Literacy Council, also enjoy hors d'oeuvres, door
prizes and bidding on an array of silent auction items.*

Table sponsorships - \$200

Table sponsorships with a 4 person team and 2 Gaze & Graze - \$300

Individual Registered Play - \$25

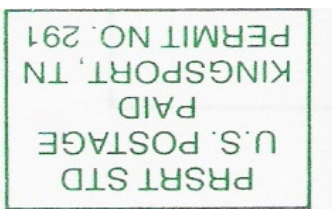
Gaze and Graze - \$15

All proceeds benefit the Literacy Council of Kingsport.

(423) 392-4643 or ltrcy@yahoo.com



www.literacycouncilofkingsport.org



**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

Senior Dance Showcase 2015

Tuesday, April 7, 2015
2nd floor theater
6:30p.m.-8:30p.m.
FREE



Are you interested in dance or taking a dance class but not sure what its all about? Our Senior Dance Showcase is a the perfect opportunity to see what we do in each of our dance classes offered at the Senior Center. Each dance class will perform and show you everything they have learned while taking these classes. You can also meet and talk with the instructors after the performance with questions you may have.

